



WELCOME ABOARD BOOKLET

AND

HELPFUL RESOURCES

WELCOME ABOARD!!

Welcome aboard and congratulations on receiving orders to USS OAK HILL (LSD 51)! As a Sailor aboard an amphibious ship, you will be at the cutting edge of modern littoral warfare today. The challenges you will face here will undoubtedly inspire and reward you throughout your tour and your career in the Navy.

USS OAK HILL (LSD 51) is home-ported in Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Virginia. This base is situated on the southern coast of the Chesapeake Bay, 10 miles east of Norfolk Naval Station. There are dozens of local area attractions, both at the waterfront and downtown, that will surely make your tour here a memorable one.

LSD 51 is the second ship to bear the name OAK HILL. USS OAK HILL (LSD 51) was christened and sponsored by Mrs. Sandra L. Boomer on June 11, 1994 in Avondale New Orleans, LA. The name OAK HILL honors the residence of the fifth President of the United States, James Monroe, which is where President Monroe drafted the Monroe Doctrine in 1823.

Our schedule has been demanding while at the same time richly rewarding. We are immensely proud of our contributions and are looking forward to your future arrival to the Nations' Protector. Please look through the welcome packet. You will find information on helpful organizations for you and your family. If you or your family needs any assistance, or if you have any questions, please do not hesitate to call or send an e-mail to co@oakhill.navy.mil.

Sincerely,

B.K. Carmichael, CDR, U.S. Navy
Commanding Officer

YOUR COMMAND CONNECTION

COMMAND MASTER CHIEF

The Command Master Chief for OAK HILL is Jamie Hamilton; he is the senior enlisted person assigned to the command. He works directly for the Commanding Officer and advises him on matters impacting the crew and affecting operational readiness, safety and morale. The Command Master Chief works with the Command Chaplain and directly with the OMBUDSMAN to help solve problems affecting the crew and their families.

COMMAND CHAPLAIN

The OAK HILL Chaplain, LT Robbins, provides confidential counseling for marriage, financial, stress, and parenting. He can also provide pre-marital counseling; administer adult baptisms and religious education. In times of emergency, the Chaplain can serve as liaison between military and civilian resources. While the ship is at sea, please contact the CNSL Ministry Center at Naval Station Norfolk (after work hours, contact the Duty Chaplain). Feel free to contact the OAK HILL Chaplain or Duty Chaplain at anytime. Often the chaplain has phone access to help with emergency communications between sailor and families; his email is:

Email: chaps@lsd51.navy.mil

Chaplain Robbins: (704) 883-6470

CNSL MINISTRY CENTER

Chaplains at the CNSL Ministry Center also provide confidential pastoral counseling and perform baptisms, weddings, and teach religious education. This service is a great resource for families when the service member is deployed. While the ship is at sea, please contact the CNSL Ministry Center at Naval Station Norfolk. After working hours, contact the Duty Chaplain through the number listed below. Often the chaplain has phone access to help with emergency communications between sailor and families.

Operational Ministry Center: (757) 444-7666

Off Hour Duty Chaplain: (757) 438-3822

RESOURCE DIRECTORY

American Red Cross

www.redcross.org

Primary service is emergency communications and verifications to enable commanding officers to make informed decisions about granting emergency leave. Additionally, it provides emergency financial assistance for families who are not near a Navy-Marine Corps Relief Society office. The American Red Cross is available to dependents for consultation and guidance concerning personal, financial and health problems. They will assist dependents in communication with service members at sea. They will also send birth announcements to sea.

In cases of serious injury or death in the immediate family, (service members parents, spouse, children, brother or sister, or the spouse's parents, brother or sister), which might require the presence of the service member, dependents should immediately contact the American Red Cross to verify the emergency and then the American Red Cross will contact the squadron. The death or serious injury of a grandparent is held to the discretion of each command. It will be handled the same as those in the immediate family listing. Remember, only the Commanding Officer can approve leave when an emergency has occurred. The family should contact the American Red Cross in the city nearest the emergency.

In the absence of Navy Relief, the American Red Cross will provide financial assistance to the service members and their families in certain emergency situations. The Red Cross and Navy Relief work closely together in this area. The Red Cross financial assistance is provided either as an interest free loan or as a grant. Health and Well Being Wires are available to family members who have not heard from their service members in a while 0-4 months). Please contact the nearest American Red Cross

field director in the local area.

Anyone contacting American Red Cross will be required to give service member's full name, social security number, duty station/ship and division or department. This helps speed the amount of time it will take to contact the service member.

Note: If the dependant lives in Navy housing or military housing area, they can contact the appropriate military base Red Cross Unit.

American Red Cross Offices	Phone Numbers
ANYWHERE IN THE U.S.	1-800-951-5600
LITTLE CREEK	(757) 464-7581
NAVAL STATION NORFOLK	(757) 446-7700
REGIONAL	(804) 780-2250
HEADQUARTERS	
HAMPTON ROADS	(757) 838-7320
CHAPTER	
LANGLEY AIR FORCE BASE	(757) 225-4060
FORT LEE	(804) 731-5682
FORT EUSTIS	(757) 878-3339

Chaplains

www.anchordesk.navy.mil/HTM/ChaplainRoster.htm

Chaplains play a vital role in helping their fellow sea-service personnel and family members during crucial moments in their lives. They are available 24/7 to provide spiritual guidance and help "sort through" a variety of issues or concerns.

Through the Chaplain Religious Enrichment Development Operation (CREDO) Spiritual Fitness Division (SFD) free weekend retreats and workshops for families, couples, and individuals are available. There are ten CREDO SFDs located in fleet concentration areas. Chaplains of most major faith groups are available in the San Diego area. They work closely with the



Ombudsman, Red Cross, Family Service Centers and the Navy/Marine Corps Relief Society. They offer counseling, religious services and other assistance.

Area Chaplain Offices: Phone Numbers:

Duty Chaplain	(757) 438-3822
Norfolk	(757) 444-7361
JEB Little Creek	(757) 462-7427
Oceana	(757) 433-2871

Command Ombudsmen

www.ffsp.navy.mil

Ombudsmen are volunteers, appointed by a commanding officer, to serve as an information link between command leadership and Navy families. They are not professional counselors, but they are trained to listen to questions or problems and to refer to professionals who can help. Most Ombudsmen publish a newsletter. Some also have a Care Line which is a recorded message that is regularly updated with news about the command, Family Readiness Group activities, and local military and community information.

The Ship OMBUDSMAN is a dedicated Navy Spouse who has volunteered to serve as a direct liaison between the spouses and families of deployed Sailors and the Commanding Officer. If you have a complaint about a clinic, the exchange, commissary, or any civilian establishment you can call her and she will suggest the appropriate action to take. All reports, complaints, etc., are held in the strictest confidence and at no time will they reflect on the sponsor's record or standing with the command. WE TAKE CARE OF OUR OWN!!!

You are encouraged to keep in touch with your OMBUDSMAN. Ensure she has your current phone number and address so you can be reached quickly if the need arises. The USS OAK HILL has two OMBUDSMEN. You can reach them through e-mail at:

Kim Hansen:

oakombudsman@gmail.com

Laura Schaffer :

schafferlaura@hotmail.com

DEERS

All bona fide dependents of service members must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) in order to receive non-emergency care in service hospitals and clinics or to have claims for civilian health care processed by TRICARE. The military sponsor should confirm enrollment by either checking their information at the ID Card lab at the local Personnel Support Detachment (PSD) or calling 1-800-334-4162 or local 757-445-4981.

Defense Finance Accounting Service (DFAS)



www.dod.mil/dfas

DFAS ensures that service members are paid. MyPay is a useful feature of the DFAS Web site, allowing service members (and their families if they have a pin number) to get real-time information about their pay accounts, start and stop allotments, sign up for the Thrift Savings Plan (TSP), change their withholding and much more care of its own".

Fleet and Family Support Center (FFSC)



www.ffsp.navy.mil

Fleet and Family Support Centers provide a number of programs and services for deploying families:

- Family Connection Newsletter.
- In-person and virtual deployment preparation briefs are available at all FFSCs. Briefs are a facilitated discussion that cover practical and emotional preparation for deployment, resources for assistance if needed and allow time to address questions and concerns of participants.
- In-person and virtual homecoming briefs are offered at all FFSCs. Briefs are a facilitated discussion and cover possible reactions at homecoming and suggestions for ways to successfully reintegrate.
- In-person and virtual discussions are available at all FFSCs. Sometimes a specific topic is covered such as helping children deal with deployment, but generally they are open discussions where spouses and other family members can ask questions and connect with other family members of deployed service members.
- Many other programs and services are provided by FFSC. Programs include:
 - Clinical Counseling.
 - Family Employment Readiness Program (FERP).
 - New Parent Support (NPS).
 - Personal Financial Management (PPM).
 - Relocation Assistance Program (RAP).
 - Information & Referral (I&R).
 - Volunteer Assistance Program.
 - Transition Assistance Management Program (TAMP).
 - Family Advocacy Program (PAP).
 - Sexual Assault Victim Intervention (SAVI).

Area Fleet & Family Support Centers: Phone Numbers:

Little Creek	(757) 462-7563
Naval Station Norfolk	(757) 444-2102
Oceana	(757) 433-2912

Family Advocacy Program

The Navy Family Advocacy Program deals with the prevention, identification, evaluation, treatment, reporting, and follow-up cases involving child and spouse abuse and/or neglect, sexual assault or rape. If you, your children or someone you know is a victim of abuse or neglect, or is an abuser, there is help available. The following agencies should be contacted:

Agency:	Phone Number:
Family Services Center	(757) 444-2102

You can make any of these calls anonymously if you wish. There is no legal liability if you report proves to be incorrect if you make the report in good faith. The strictest confidentiality is used in all cases. Don't let someone suffer needlessly. You can DO some thing.

Sexual Assault Prevention Response (SAPR)

Victim Support

Each Military Service maintains a comprehensive worldwide 24/7 response capability through two key channels of support. Victim Advocates provide victims essential non-clinical support and information on available options and resources, and also maintain communication and contact with the victim as needed for continued victim support.

Military installations may also have agreements with civilian providers for off-base services.

Restricted Reporting

Restricted Reporting allows victims to receive advocacy support, medical treatment, counseling, and a sexual assault forensic examination (SAFE) without triggering a criminal investigation or being personally identified in subsequent command notification. With Restricted Reporting, victims can access resources and care

while weighing their option to participate in a criminal investigation at a later time. In you want to keep a restricted report you can only speak to the following: Sexual Assault Response Coordinator (SARC), Victims Advocate (VA), Medical, or Chaplain. If you speak with anyone else, a restricted report cannot be guaranteed.

Unrestricted Reporting

If a victim chooses Unrestricted Reporting, a report is filed through normal reporting channels including the victim's chain of command, law enforcement, and legal personnel to maximize accountability of sexual assault perpetrators.

OAK HILL'S SARC:

SHC Dunbarslaughter

Suicide Prevention (ACT)

ASK if someone is thinking about suicide. Let them know you CARE. Get TREATMENT as soon as possible because life counts!



Know your Suicide Prevention Resources

- Chain of Command
- Fleet and Family Support Center (see back of book for phone numbers)
- Chaplain Robbins **(704) 883-6470**
- Medical and Mental Health Providers
- Navy Suicide Prevention www.suicide.navy.mil
- Military OneSource **800-342-9647**
www.militaryonesource.com
- National Lifeline **1-800-273 TALK (1 800 273 8255)**

Free Space “A” Flights for Families Deployed

Spouses and children of personnel deployed 120 days or longer can use military transport in CONUS, to/from CONUS, and within/between theater, provided they have a verification letter from the military member's commander. Family members, regardless of where they are based, may travel unaccompanied for unlimited times during the deployment when seats are available. Children under the age of 18 need an eligible parent or legal guardian to travel with them.

The travel option is also available to Guard and Reserve families, as well as Navy families whose military sponsor is assigned to a deployed ship with PCS orders. While many may use the privilege to visit parents and grandparents, the guidelines do not restrict travel to home of record or family-based visits. That makes the policy more equitable and useful, since many people's extended families may not live in their home of record. In addition, some families may find help and encouragement in a visit to friends at a previous base, or through a low-cost vacation getaway.

Space A, which is based on availability, often involves waiting to gain space on a flight (and the government will not cover meals, lodging or other costs associated with that). Even so, families — especially those with children — could find this to be a real boost to their travel budget. A family of four based on the West Coast who wants to travel to the East Coast to stay with grandparents for a few weeks could potentially save up to a few thousand dollars in airline tickets. Of course, there's no guarantee with Space "A" flights, but for those who can take the time, the opportunity for free flights can be not only a morale-booster, but also a money-saver.

Joint Family Support Assistance Program

<http://militaryhomefront.dod.mil>

Joint Family Assistance Program was established to support military families who do not live near a military installation. Most JFSAP teams are located at the state's National Guard headquarters. They are staffed with a:

- Child & Youth Consultant.

- Military and Family Life Consultant.
- Military OneSource (MOS) Consultant.
- American Red Cross representative.
- USDA (Operation Military Kids) representative.

Military OneSource

www.militaryonesource.com



Military OneSource is a 24/7, real-time information and referral service, funded by the Department of Defense. All services are provided at no cost and are available to Active Duty, Guard and Reserve personnel and their immediate family members, regardless of activation status. MOS is a "virtual extension of existing installation service." Besides helping with referrals, MOS also maintains a library of over 3,000 educational materials such as CDs, DVDs, and booklets on a wide range of topics. They also offer interpretation and translation services in more than 140 languages. Through MOS, you can access up to six in-person or telephone non-medical counseling sessions per issue with a licensed counselor. They also offer financial counseling at no charge.

Navy Knowledge Online

<http://www.nko.navy.mil>

Navy Knowledge Online is an official Navy Web site that offers a wealth of information about deployments and Navy life. There is an online spouse forum for discussions as well as moderated forums so you can get accurate answers to questions you may have.

To log onto NKO you must have an ID card which registers you in DEERS and allows you access to NKO. If you do not have an ID card, go to the NKO Web site and register as a guest user.

Navy Legal Services

www.jag.navy.mil

Free attorney assistance is available at local Navy Legal Service Offices (NLSO) for service members and family members with military ID cards. Services available may include adoption advice, domestic relations, immigration and naturalization, Service Members Civil Relief Act, Powers of Attorney, Wills and notary service. Navy Legal Services is also the clearinghouse for personal property claims for damages that result from a PCS move.

Spouses of service members are eligible for legal assistance at no charge. In addition to general legal advice and the drafting of some legal documents, spouses can also obtain the following services:

- Estate planning, wills, insurance policy reviews and general property matters.
- Drafting of power of attorney.
- Notarizing Documents

Wills

This serves as the legal declaration of an individual's wish for the disposition of his/her property and also to express desire for children upon the individual's death. Unless you want the state to decide these things for you (at additional cost to your estate), have one made each year for you.

Powers of Attorney

This is a legal declaration by one person that gives another person the right to sign for items or take actions in their place. One must be cautious in giving that kind of authority, but powers of attorney do allow you to get needed things done that require the service member's consent while the service member is overseas. It is recommended that the power of attorney be granted for a specific time (1 year or six months with indication of deployment).

Advice on credit purchasing, state and federal taxation, state motor vehicle laws, landlord-tenant relationships, domestic law (divorce, adoption, etc.), state residency, immigration laws and commercial contracts.

Legal assistance interviews are confidential. Referrals to civilian counsel can also be made.

Legal Assistance	Phone Number:
Office:	
JEB Little Creek	(757) 462-4991
Naval Station	(757) 341-4491
Norfolk	
Oceana	(757) 433-2251

Navy-Marine Corps Relief Society

www.nmcra.org



Navy-Marine Corps Relief Society (NMCRS) is a volunteer based not for profit private 501(c) (3) organization sponsored by the Department of the Navy. No financial assistance is received from the Department of the Navy to conduct the Society's programs. The Society provides interest-free loans or grants to help with emergency needs such as:

- Food, rent, mortgage and utilities.
- Essential vehicle repairs.
- Emergency Transportation.
- Funeral Expenses.
- Patients share of medical/dental bills.
- Disaster relief assistance.
- Child care expenses.
- Pay problems or delays.
- Unforeseen family emergencies

Financial assistance is provided on a need basis. All loans are interest free and normally repaid by allotment. In some instances,

if repayment would cause a hardship, assistance may be provided as a grant.

Loans are made to the service member. During deployments, in the absence of the service member, an eligible family member may seek assistance with a valid power of attorney or a NMCRS pre authorization form can be placed on file at the NMCRS Office prior to deployment. If neither is available, the service member will be contacted to provide authorization and to agree to repayment terms.

Layettes are "Baby's First Seabag." They contain over \$100 worth of baby items, which are provided to all Navy, Marine Corps and Coast Guard personnel or family members who are expecting or have had a new baby when they participate in the *Budget for Baby* class or an individual budgeting session. For those families living in remote locations, a layette can be provided upon your request from a NMCRS Office. Each layette contains a handmade blanket or sweater set, crib sheets, onesies, hooded towel, bibs, socks, receiving blanket, and burp cloths.

Navy Relief Office:	Phone Number:
JEB Little Creek	(757) 462-1569
Naval Station Norfolk	(757) 322-3134
Oceana	(757) 433-3383
Portsmouth	(757) 593-5956

Navy Operational Support Center

<http://navyreserve.navy.mil>

Navy Operational Support Centers are located in all 50 states and 2 territories. Families who do not live near a military installation but near a Navy Operational Support Center (NOSC) can receive support from the NOSC. The NOSC can assist families with resources in the local area and also provide support to the families for ID cards and DEERS enrollment.

Naval Services Family Line

www.lifelines.navy.mil/Familyline

Naval Services FamilyLine is an all volunteer, nonprofit organization dedicated to empowering sea service families to meet the challenges of the military lifestyle. They coordinate the Compass Program which is a program for new military spouses that covers a variety of topics including deployment preparation, finances, and military customs and military customs and traditions. They also offer a range of free publications as well as information and referral assistance.

Operation Military Child Care

www.childcareaware.org

Operation Military Child Care is a Department of Defense initiative to support child care needs of military parents who are activated or deployed in support of the Global War on Terrorism. Active duty families who are unable to access care on military installations are eligible during the deployment period and for 60 day after the return of the military parent.

This initiative helps eligible military families locate and subsidize affordable child care in the local communities. Military families who are using licensed/legally operating community based child care programs and providers pay reduced fees.

Child care costs often increase when your Sailor is deployed. This subsidy program can be used by spouses who are employed or looking for work, going to school or have special medical needs. For more information contact the National Association of Child Care Resource and Referral Agencies at 800-424-2246 or visit their Web site www.naccrra.org.

Operation: Military Kids

www.operationmilitarykids.org



Operation: Military Kids is a collaborative effort with America's communities to support children and youth of National Guard, Reserve and active duty families. State 4-H, Military Liaisons in 34 states in partnership with the National Guard, Reserve, the Military Child Education Coalition, Boys and Girls Club of America, the National Association of Child Care Resource and Referral Agencies, the American Legion, schools and other community organizations are supporting youth before, during, and after the deployment of a parent or loved one.

Some of the programs include:

- Workshops for community professionals who work with youth to offer an insight into military culture and the deployment cycle. In addition, they suggest ways to understand the needs of and provide support to military kids and their families through community resources.
- Hero Packs are backpacks filled by non-military youth with mementos and items designed to help connect kids with their deployed parent.
- Speak out for military Kids is a youth—led, adult supported project that generates community awareness about issues faced by youth of military families. Through simulation, interviews, and research, participants begin to understand what military families go through during deployment. As the youth form speakers bureaus they develop presentations, public service announcements, videos, and other materials and actively seek opportunities to share their experiences with others in the community (e.g. school assemblies, youth club meetings, city council meetings, fairs, and teacher in service programs).
- Mobile Technology Labs are used to facilitate connections between deployed service members and the children left behind.

Operation Purple Camp
www.operationpurple.org



Operation purple Camp Program was created in 2004 to help military children struggling with having a parent deployed. Any military child can apply. If all spaces are not filled with campers who meet the deployment criteria, the remaining camp slots are filled with any military child from any service branch, the National Guard, Reserve, PT-IS and NOAA. “Deployment” is defined loosely as it is recognized that TDY and travel can often take service members away from family for significant periods of time.

Registration for the free summer camps begins in late spring for all Operation Purple camp locations. Details on how to register and the necessary forms to apply for camp are available at www.operationpurple.org. Click on the applicable state for camp registration, application, and contact information. In 2008, 100 weeks of camp in 62 locations, in 37 states and territories were available.

Personnel Support Detachment

www.pasd.navy.mil

The Navy’s personnel Support Activity (PSA) is the agency that provides administrative, personnel, pay and transportation support including:

- Defense Eligibility Enrollment System (DEERS).
- Family and service member ID cards.
- Transportation services
- Travel claim processing.
- Transition processing.

Each installation has a local Personnel Support Detachment, to locate yours contact the above website.

Identification Cards

Without the Dependent's Identification Card, you will not be able to enter military bases, utilize the exchange and commissary facilities, or receive medical treatment at a military hospital or clinic. Should you lose

your card, contact the nearest Personnel Support Detachment (PSD) and they will arrange to have the card replaced. An Identification Card will be issued to bona fide dependents listed on the service members Page 2. Children will not normally be issued an identification card until their 10th birthday. **RENEW THEM PRIOR TO DEPLOYMENT!!!**

PSD:	Phone Number:
Naval Station Norfolk	(757) 445-5200
Little Creek	(757) 462-7279
Oceana	(757) 433-3056

Tricare

www.tricare.osd.mil



TRICARE is the health care program for Sailors and their families. Reservists and National Guardsmen are also eligible for TRICARE coverage when they are on active duty, pre and post mobilization.

The four most common TRICARE programs are:

- TRICARE Prime.
- TRICARE Extra.
- TRICARE Standard (formerly called CHAMPUS).
- TRICARE Reserve Select.

TRICARE provides a dental benefit, a pharmacy program and TRICARE for Life for most Medicare-eligible uniformed service retirees. There is also a Program for Persons with Disabilities (PFPWD) that can help with some of the costs associated with specialized medical equipment and services. In addition, mental health services are available.

Each TRICARE program has its own eligibility and enrollment requirements. Individuals must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to be eligible for any TRICARE benefits. Enrollment for TRICARE coverage is

subject to location, eligibility category, and the specific program requirements. Costs and enrollment fees also differ by program.

Health benefits advisors are available at local TRICARE Service Centers (TSC) or military treatment facilities (MTF) to help with questions regarding health care services or go to the above Web site.

Medical Care

Basic clinics will not normally provide care for dependents and should be used only in extreme emergencies. In the event of a life-threatening emergency go to the nearest hospital. The Navy will pick up 80%.

Dependent Care Facilities:	Phone Numbers:
Naval Station Norfolk	(757) 953-9000
Little Creek	(757) 953-8351
Oceana	(757) 953-3393
Virginia Beach	(757) 953-6708
Chesapeake	(757) 953-6366

United Service Organization



www.uso.org

The USO's mission is to support service members and their families. There are 30 centers worldwide whose programs and services include:

- Emergency Assistance - USO centers offer housing and financial information, along with support for military members and their families, especially during emergencies. Programs set up by

USO centers help provide military families with resources and assistance.

- Support Groups - With troops deployed all over the world, USO centers have established local support groups where family members of deployed service members can gather to provide support and encouragement for one another.
- New Spouse orientation - Moving to a new area is often a difficult transition. Many USO centers offer orientation programs, which help acclimate new residents to the culture and community.

EMERGENCY PHONE NUMBERS: **EMERGENCY ANY AREA – DIAL 911**

<u>CITY</u>	<u>FIRE</u>	<u>POLICE</u>
NORFOLK	(757) 664-6600	(757) 664-7000
VIRGINIA BEACH	(757) 385-4228	(757) 385-5000
CHESAPEAKE	(757) 382-6297	(757) 382-6161
SUFFOLK	(757) 514-7550	(757) 514-7915
PORTSMOUTH	(757) 393-8765	(757) 393-8257
HAMPTON	(757) 406-1849	(757) 727-6596
NEWPORT NEWS	(757) 926-8404	(757) 928-4100

POISON CONTROL	(757) 722-1131
CHILD ABUSE	(800) 552-7096
PORTSMOUTH HOSPITAL	(757) 953-5000
TRICARE	(757) 953-6708

MILITARY AND CIVILIAN PHONE GUIDE

TRICARE

BASE SECURITY

Norfolk	(757) 953-9000	Norfolk Naval Base	(757) 322-2366
Little Creek	(757) 953-8351	Little Creek	(757) 462-7385

CHILD CARE CENTERS

Norfolk	(757) 444-3239	Norfolk	(757) 322-2866
Little Creek	(757) 422-7796	Little Creek	(757) 462-7385
Oceana	(757) 433-3164	Oceana	(757) 433-2871

CHAPLAINS

EXCHANGES

Norfolk	(757) 440-2000	Norfolk	(757) 423-6070
Little Creek	(757) 363-3218	Little Creek	(757) 464-3561
Oceana	(757) 425-4260	Oceana	(757) 428-2931

COMMISSARY

DENTAL

Norfolk	(757) 953-8526	Norfolk	(757) 444-2102
Little Creek	(757) 953-8334	Little Creek	(757) 462-7563
Oceana	(757) 953-3910	Oceana	(757) 433-2912

FFSC

LEGAL

Norfolk	(757) 341-4489	Norfolk	(757) 444-1640
		Little Creek	(757) 462-7385

BASE INFO

VETERINARY SERVICE

Oceana	(757) 433-2366
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Norfolk

(757) 445-
0922